



Please join us at Fair Park for  
**Summer Feeding:**  
**Mon- Thurs 11:15 am – 12:00 pm**  
**June 5- July 5**



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



## Monday

CHICKEN NUGGETS **1**  
 MASHED POTATOES  
 GREEN BEANS  
 ORANGE SLICES  
 HOMEMADE ROLL  
 MILK

OVEN FRIED CHICKEN OR FISH **3**  
 BLACK EYED PEAS  
 STEAMED CORN  
 ORANGE SLICES  
 GARLIC TOAST  
 MILK

BBQ SANDWICH **15**  
 OR CORNDOG  
 TATER TOTS  
 STEAMED CORN  
 APPLE SLICES  
 MILK

PEPPERONI PIZZA **22**  
 OR CHEESE STICKS  
 PIZZA SAUCE  
 VEGETABLE CHOICE  
 FRUIT CHOICE  
 MILK

## Tuesday

BBQ OR CHICKEN SANDWICH **2**  
 TATER TOTS  
 BAKED BEANS  
 RIPS  
 MILK

BEEF OR CHICKEN **9**  
 CHEESY NACHOS  
 PINTO BEANS  
 GARDEN SALAD  
 RAISELS  
 MILK

PANCAKES WITH EGGS **16**  
 OR SAUSAGE  
 HASHBROWNS  
 BABY CARROTS W/ DIP  
 WATERMELON CUPS  
 MILK

CHICKEN FRIED STEAK **23**  
 OR CHICKEN SMACKERS  
 MASHED POTATOES  
 VEGETABLE CHOICE  
 FRUIT CHOICE  
 HOMEMADE ROLL  
 MILK

## Wednesday

CHICKEN FRIED STEAK **3**  
 OR CHICKEN SMACKERS  
 CHEESY BROCCOLI  
 COOKED CARROTS  
 TEXAS GROWN STRAWBERRIES  
 GARLIC TOAST  
 MILK

CHEESEBURGER **10**  
 OR CORNDOG  
 TATER TOTS  
 BURGER SALAD  
 TEXAS GROWN STRAWBERRIES  
 MILK

BEEF OR CHICKEN **17**  
 CRUNCHY TACOS  
 REFRIED BEANS  
 LETTUCE/ TOMATO  
 TEXAS GROWN STRAWBERRIES  
 MILK

CHEESEBURGER **24**  
 TATER TOTS  
 BAKED BEANS  
 FRUIT CHOICE  
 MILK

## Thursday

BUILD YOUR OWN SANDWICH **4**  
 HAM & CHEESE, TUNA OR SB&J  
 LOW FAT CHIPS  
 BABY CARROTS W/ DIP  
 GARDEN SALAD  
 WATERMELON CUPS  
 MILK

PEPPERONI PIZZA **11**  
 OR CHEESE STICKS  
 COOKED CARROTS  
 GREEN BEANS  
 ROSY APPLESAUCE  
 MILK

CHICKEN NUGGETS **18**  
 MASHED POTATOES  
 CHEESY BROCCOLI  
 BANANA  
 HOMEMADE ROLL  
 MILK

**25**

## Friday

CHEESEBURGER **5**  
 WAFFLE FRIES  
 BURGER SALAD  
 RAISELS  
 MILK

CHICKEN NUGGETS **12**  
 MASHED POTATOES  
 CHEESY BROCCOLI  
 FRESH ORANGE  
 HOMEMADE ROLL  
 MILK

CHEESEBURGER **19**  
 WAFFLE FRIES  
 BURGER SALAD  
 BAKED BEANS  
 RAISELS  
 MILK

**26**

**29**  
**30**  
**31**  
**Have a Great Summer!**

